



Creating community, deepening our spirit,  
bringing our UU faith to action on behalf of women

## Association of Universalist Women

### Friday Get Connected

Friday Get Connected is an informal gathering to discuss thoughts and ideas, laugh, learn and have fun. We meet in the Library from 7- 9 pm. Light refreshments and childcare (on request) will be provided.

**October 14\* 'Walking with our Sisters'.** Talk with other AUW women about what matters to you about Reproductive Rights. Several members of the Religious Rights/ Sacred Choices committee will join in the discussion. We invite voices of different views and generations. This promises to be a lively discussion.

\*Please note- this session will be held in the Cummins Room and that, due to Yom Kippur, this is the only Friday Get Connected which will not

### From the Editor



I work with a great bunch of women. Meet them in this newsletter. There has been hard work happening everywhere from the Fall Kick-Off to the Fall Retreat to increasing our visibility in the social

hall. Look for our new buttons if you have a question! There are always opportunities to volunteer and experience working with these women yourself. If you have something you'd like to do to help out let one of us know. We all are AUW and it's wonderful to be part of this great community.

### **AUW FALL MINI-RETREAT OCT 29TH: Creating from the Deep Feminine**

Come spend a rejuvenating afternoon with AUW women at this popular annual half-day workshop. This year's keynote presentation is "Walking the P.I.N.K. Circle: Creating and Leading from The Deep Feminine" by Marcy Nelson-Garrison, certified professional co-active coach, psychologist and founder of Coaching Toys.com. With Marcy, we'll learn how to create and lead from a deeper place, trust our internal wisdom, sustain our creative sensibility and honor our minds, bodies and spirits. You'll be introduced to the "P.I.N.K. Circle" of Power, Imagination, Nurturing and Knowing and explore what connects you to and what disconnects you from these essential inner gifts. You'll walk away with a renewed commitment to what you want to protect and to pass on.

be held on the 1st Friday.

**November 4 'Introduction to Meditation'**. Are you curious about meditation? Come and learn more. Kathy Urberg will talk about what meditation is, some of the reasons you might want to meditate, and how to get started. There will be a short session of seated meditation (including loving kindness meditation), as well as walking meditation. You can sit either on a chair or on a cushion. There will be a list of resources for those who would like to learn more.

For questions or to RSVP or request childcare, please contact Jeni Klotz at 651-592-6466, [jklotz27@gmail.com](mailto:jklotz27@gmail.com).

## Volunteer Opportunities

The editor is looking for a few good writers who would be interested in writing short profiles occasionally of some of the many outstanding women in our community. Send her an email if you are interested at

[sarah.froggoddess@gmail.com](mailto:sarah.froggoddess@gmail.com).

### Holiday Tea

Did you enjoy the lovely

After the keynote, you can choose from three different break-out sessions that will further explore mind, body and spirit. Look for more details about these sessions at the Hub and at [www.luuuw.org](http://www.luuuw.org) in mid-October.

And as always, it also includes substantial snacks and childcare (taking care of body and spirit)!

All women are welcome at the Mini-Retreat, whether you're a member of AUW or the church or neither. Fee is \$15 for AUW members and \$20 for non-members.

However, no one is ever turned away for lack of funds. So set aside Sat Oct 29th for an afternoon of sharing feminine wisdom and fun! Feel free to invite friends.

TO RSVP: email us at [auw.firstuniv@gmail.com](mailto:auw.firstuniv@gmail.com), sign up at the Hub, or, call 612 770-4488.

**You must request childcare by Oct 20th.** Please indicate #s and ages of children on your RSVP email or on sign-up sheet. You may also contact Mini-Retreat co-coordinator Tracy Yue at [tksyttutu@gmail.com](mailto:tksyttutu@gmail.com).

**TIME & VENUE:** the Mini-Retreat lasts from 12.30 - 4:00 pm. Registration from 12.30 - 1:00, keynote at 1:00, and break-outs from 3:00 - 4:00. Registration & Keynote will be held in the Cummins Room.



**About Marcy Nelson-Garrison, M.A.L.P., C.P.C.C.**

Marcy Nelson-Garrison calls you to discover and honor "the creative feminine" within your life and work. She is a product mentor (helping service professionals create transformational products), certified professional co-active coach, masters level licensed psychologist, product review columnist for Choice Magazine, visual artist and founder of [www.CoachingToys.com](http://www.CoachingToys.com), an online store featuring creative tools, products and processes for personal and professional development.

### PLEASE VOLUNTEER FOR MINI-RETREAT

Please join one of the below teams.

- set-up rooms team 11.30 am-12.30 pm
- snacks team 11.30 am - 12.30 pm
- registration table 12.15 - 1.15 pm

decorated tables at the holiday tea the last two years? Would you like to decorate a table this year? Contact Kathy Urberg at [kurberg@comcast.net](mailto:kurberg@comcast.net) to volunteer.

## **Ascension Place: THANK YOU AUW!**

Things really greened up at Ascension Place this summer! Association of Universalist Women (AUW) volunteers dedicated several days (some of them very hot!) to beautifying Ascension Place-- giving the building some real curb appeal. In addition to trimming and cleaning up the existing landscape, the AUW women planted hostas and flowers and laid new mulch. Their hard work was greatly appreciated by residents and staff.

Ascension Place - a transitional housing program located in North Minneapolis - provides housing and supportive services to women experiencing barriers such as mental illness, chemical dependency and domestic violence. If you have questions about the program, feel free to call Nancy McCall at 612-205-6152 or email

-- clean-up team 4:00 - 5:00 pm

## **Social Justice Campaign: Voting Rights**

On September 22, AUW's Voting Rights group hosted a panel at First Universalist Church of the Minnesota Voting Rights Coalition titled "Defeating Voter Suppression Efforts in Minnesota - What We All Need to Know". It featured speakers from the Office of the Secretary of State, League of Women Voters, ACLU, and Citizens for Election Integrity.

They discussed how our right to vote is under attack by proposed legislation and a constitutional amendment that would prevent already-registered voters from voting unless they provide a government-issued photo ID with a current address. The requirement would be a burden on the more than 140,000 eligible voters in Minnesota who do not have a current photo ID and would cost taxpayers millions of dollars. There would be no benefit because there has not been a single documented case of voter impersonation in the state. This effort is a modern "poll tax" designed to suppress the vote of young, elderly, urban and poor voters who are less likely to have a current ID. It's a particular burden on married women who need to produce a marriage license in addition to their birth certificate to get a photo ID.

Watch for training and details on these important efforts to protect our UU 5th Principle regarding democratic processes. FFI: Carol Johnson 612-825-3322 or Jenny Thomas: [jjewell.thomas@gmail.com](mailto:jjewell.thomas@gmail.com).

[Nancymccal@aol.com](mailto:Nancymccal@aol.com).

Julianna Janssen

Community Relations

Coordinator

## Social Justice Campaign: Reproductive Rights

### Walk with your Sisters

Did you know that AUW supports a Religious Voice for Choice as members of the Religious Coalition for Reproductive Choice (<http://www.mnrcrc.org>)? Come and find out how we can talk and walk together as women who are: Pro-faith, pro-family, and pro-choice. Join us at the Friday Get Connected on October 14 in the Cummins room at 7:00 pm.

Reproductive Justice is in jeopardy! Pick up any newspaper, tune into any news broadcast and there will be another report of bills proposed that limit or eliminate women's freedom to make decisions about their health, their bodies and their families. The NY Times of September 24 carried an article, "Where Abortion Rights are Disappearing" by Dorothy Samuels. She claims that since the 2010 elections, in Congress and in state capitals more and more schemes are being concocted to make terminating a pregnancy a right on paper only. A chart illustrating the restrictions on women's freedom of choice shows MN as one of the most restrictive. A lot is at stake, our heritage, our legacy for the future calls on us to Walk With Our Sisters.

### Auw Fall Kick-Off

The Kick-off Dinner was a great success with more than 50 women in attendance. A great team of volunteers contributed to making a dinner and program that were fun, delicious, and interesting. At the Kick-off we shared our theme for the year: "**Connections**". We hope this theme will highlight all the wonderful ways AUW allows and encourages us to make connections -- with each other, with First Universalist, with social justice issues, with our spiritual selves, and with the wider world.

Many women took the opportunity to join or renew their AUW memberships. We also got great feedback from the questionnaires we distributed. We'll be looking at the information closely and plan to incorporate suggestions and trends into upcoming programs.

If you were not able to attend the Kick-off, you can still get lots of information about AUW programming by checking in with us at The Hub after Sunday services. You can also sign up for membership there. **Remember, the AUW membership year runs from September to September.** So everyone needs to join or renew for 2011 - 2012.

### Meet The Board of Directors



**Evelyn Brown:** I moved to Minneapolis four years ago after having lived all over the US. AUW has been a great way for me to make new friendships and meaningful connections. For nearly 20 years, I worked as the founder of a small Georgia-based non-profit whose mission is to bring communities closer while working to fight hunger. I am married and have a 21-year-old daughter, Chloe. I am a clinical psychologist, a potter, a reader, and I

love to travel.

**Jeni Klotz;** I enjoy gardening and have gotten a lot of practice over the past two summers. Feel free to ask me about that. Besides gardening, I enjoy cooking for friends and family, knitting, singing, reading, and am dabbling in yoga thanks to Jody Beresford. I live in South Minneapolis with my dog, Maggie, and cat, Frannie, in a cute bungalow with a rose colored front door.

**Nora Page:** I am a 4th generation UU. Raised at Unity Church in St. Paul, I have been a member at First Universalist for 25 years. I have been active in many areas at First U., including the library committee, congregational care, Rise Up Singing, ushering and AUW. This is my third year on the board.

**Isabel Quast:** I have served on the AUW board for three years and am looking forward to another great year! I am a senior at the Carlson School of Management majoring in marketing. I also work part-time at an internship as well as being a nanny. In what little free time I have I enjoy reading, knitting, and spending time with my friends, and family. I am also the proud Mom of a 65 lb bulldog named Jeter.

**Sharon Ramirez:** I came from Philippines to the US with my family and grew up in Northern Minnesota. I have been a member of the First Universalist Foundation board of directors, an AUW member and the official/unofficial photographer of AUW and church events. My 7-year-old son John keeps me busy. I have worked in feminist and progressive nonprofits as a program director, and in many other roles. I am interested in exploring visual arts/creativity for inspiration and spiritual growth.

**Mary E. Sandbo:** I have been going to First Universalist for about one year and recently became a member. I work as a Special Education Teacher at South High School in Minneapolis, enjoy gardening, and hanging out with my two wonderful dogs.

**Kathy Urberg:** I am a grandmother, passionate gardener and InterPlayer who reads, spins and knits. My goal this year is to sit down every day to meditate and to write. I have been active in AUW for several years, editing the e-newsletter for three years, serving on the retreat committee last year, and working on many of the AUW events over the last three

years.

**Sarah Warner:** I have a member of AUW for several years. I helped plan the AUW spring retreat two years ago. When I am not working on the next AUW newsletter I enjoy reading, writing, some knitting and dabbling in yoga. I dream of one day having a little cabin on the shore of Lake Superior where I can listen to the waves and write with my cat cuddled up next to me.

**Suzann Willhite:** One of my first and best memories of AUW was attending the mother/daughter banquet and the warm welcome both my mother and I received from Mary Djerf and Arlene Jacobson. That welcoming experience is what I wish for others who come to AUW. I served on the 2010 retreat committee and enjoyed being on the giving side of an AUW event. I work for the Minnesota DNR, Division of Fish and Wildlife, doing my part to provide natural habitat for all creatures great and small.

**Tracy Yue:** After moving back to my hometown Twin Cities, I happened upon First Universalist while looking for a relaxed non-religious choir to sing with. Serendipitously I discovered a spiritual and social community I could finally call "home". After attending my first AUW Spring Retreat in 2008, I joined the next Retreat Committee, and the following year the AUW Board. Formerly in marketing, I now live in St Paul and work for myself as a healthful cooking coach and caterer.

## Calendar

### October

**14** Friday Get Connected: 7:00 - 9:00 pm in the Cummins Room: *Walking with our Sisters*.

**20** Women Who Read: [The Madonnas of Leningrad](#) by Debra Dean: 1:00 pm, First Universalist library.

**24** Women Who Read: [The Madonnas of Leningrad](#) by Debra Dean: 6:30 pm. Hosts: Kathie Wasson and Mary Sorensen. At 3921 Zenith Ave N, Robbinsdale 763-971-2929. All are welcome, but please RSVP to the hosts so they know how many to expect.

**29** Fall Mini-Retreat: 12.30- 4:30 pm; Cummins Room; First Universalist.

### November

**All month** Poinsettia Sale (order deadline is before Thanksgiving)

**4** Friday Get Connected: 7:00 - 9:00 pm in the Library: *Introduction to Meditation*. Dress Comfortably.

**17** Women Who Read: [Uncle Tom's Cabin](#) by Harriet Beecher Stowe; 1:00 pm, First Universalist library.

**28** Women Who Read: [Uncle Tom's Cabin](#) by Harriet Beecher Stowe: 6:30 pm Hosts: Nancy Browne and Anne Frenchick. At 1480 Applewood Ct. W#121, Roseville, 651-636-6002. All are welcome, but please RSVP to the hosts so they know how many to expect.

### December

**2** Friday Get Connected: 7:00 - 9:00 pm in the Library: *2nd Annual Cookie Exchange*.

**10** Annual Holiday Tea: 1:00 - 3:00 pm, Social Hall.

**Mark it now! The Annual Women's Retreat is April 13-15 2012.**

The newsletter editor is Sarah Warner. Email her at [auw.firstuniv@gmail.com](mailto:auw.firstuniv@gmail.com) with "newsletter" in the subject line. If you do not want to receive this newsletter, please click "Safe Unsubscribe" at the bottom of this message. To view the HTML version of this newsletter, please set your browser for HTML.